



Civilians given exercise time

BY TECH. SGT. DAVID A. JABLONSKI

Air Force Print News

WASHINGTON—Air Force appropriated-fund civilian employees are authorized to take three work hours off each week to exercise according to a policy change memorandum issued June 23.

It's all about encouraging employees to adopt lifestyles that support healthy working environments, said Maj. Gen. John M. Spiegel, director of personnel policy.

"Incorporating this policy into our current environment is reflective of our continuing interest in fostering healthy lifestyles, and is especially important considering the stressful environment in which we work and live," Spiegel said.

This policy will be left up to local commander discretion, based on mission requirements and major command guidance, the general said.

As workloads permit, managers and supervisors will determine the employees' use of time off for exercise activities. In addition, commanders are free to use other flexibilities already in place such as alternative work schedules, credit hours, compensatory time-off, annual leave or leave without pay.

Policies outlining how Kirtland AFB units will implement the physical fitness program are being drafted. They will be published in the Nucleus as they become available.

Physical exercise activities may include participation in intramural sports, running, walking or use of the base gym. The physical activity must enhance the Air Force's mission in some appreciable manner.

The goal is to ensure the health and wellness of the Air Force's civilian workforce Spiegel said.

Participants must meet certain civilian health promotion criteria to realize this benefit, Spiegel said. Civilians wishing to participate in a local program may be required to obtain a fitness education assessment from their primary care provider or physician and should maintain a log or record of their activities, goals and progress.

As with many new programs, local bargaining obligations must be satisfied before implementation.

This policy change will be reflected in the next revision of Air Force Instruction 36-815, "Absence and Leave."



Photo by Lisa Gonzales

Daddy's home!

Samantha Butts, daughter of Tech. Sgt. Frank Butts, 377th Security Forces Squadron, waits to greet her father who is returning from a six-month deployment to Ali al Salem Air Base, Kuwait, Aug. 1. Sergeant Butts led the 13 returning Airmen who were

among the first to leave Kirtland AFB in preparation for Operation Iraqi Freedom, Jan. 28. Joining the group of friends, family and co-workers greeting the returning Airmen at the Albuquerque International Sunport were Sergeant Butt's wife, Lynda, and his other daughter, Krystynya.

Chief of Staff announces military fitness program

WASHINGTON (AFPN)—Airmen will begin hitting the track soon as the Air Force begins a new physical fitness program, the service's senior leader announced in his July 30 "Fit to Fight" Sight Picture.

Air Force Chief of Staff Gen. John P. Jumper directed that Airmen will now test their fitness levels by performing sit-ups, push-ups and running 1.5 miles.

The change is being made because "we are a much different Air Force today," according to Jumper.

Jumper cited the physical require-

ments demanded by recent deployments around the world as the impetus for the change.

"The amount of energy we devote to our fitness programs is not consistent with the growing demands of our warrior culture," he said. "It's time to change that."

Details will be released soon that will get Airmen back to the basics of running, sit-ups and push-ups, Jumper said. The cycle ergometry test, in use for the past 10 years, will continue for those who, for legitimate reasons, are not able to run.

Other changes include issued workout clothes and a renewed focus

on the commander's ownership of Airman physical fitness.

"We are planning to ... put responsibility for (physical training) in the chain of command, not with the medical community or the commander's support staff," Jumper said.

"I expect this effort to be led from the top, starting with commanders and senior (noncommissioned officers)," he said. "I expect those who have trouble meeting the standards to be helped by others in their unit until they do meet the standard."

The program will begin Jan. 1. Jumper said he plans to lead National

Capitol Region Air Force general officers in a fitness test during the first week of January. Chief Master Sgt. of the Air Force Gerald R. Murray will lead area command chiefs later in the week.

"I think all of us can agree that we were disappointed with the fitness standards we found when we came into the operational Air Force," Jumper said. "Let's not disappoint ourselves any longer. The message is simple: If you are out of shape, fix it. If you have people in your squadron who need help, help them."

See the entire text of the "CHIEF's Sight Picture" on Page 5.

INSIDE

PAGE 2

Hot weather safety

PAGE 3

South Gate reopens;
Duvall commands 896th
Munitions Squadron

PAGE 4

Summer Bash

PAGE 5

Fit to Fight

PAGE 6

Defense force changes
command; New division

PAGE 7

Water survival

PAGE 8

Father 'scarfs' son

PAGE 9

Eagle Scout;
Movies; Command TV

PAGE 10

Forum

PAGES 11, 14-15

Of Note

PAGES 12-13

New uniform test

PAGES 16-18, 20

Services

PAGE 19

Sports

PAGE 24

Airman Leadership
School graduation

Force
Protection
Condition
ALPHA
Straight Talk
853-4636